

Potatoes, Oven Brownd10rev

Number of Servings: 10 (72.71 g per serving)

Amount	Measure	Ingredient
5 1/4	ea	Potatoes, baked, unsalted, sml, 1 3/4" to 2 1/2"
10.00	svg	Cooking Spray, butter flvr, 1/3 sec spray
1/4	tsp	Salt, table, iodized

Nutrients per serving

Nutrition Facts	
Serving Size (73g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 5
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	
Vitamin A 0%	Vitamin C 10%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* If possible buy potatoes that are ~1 cup in size (these will then be cut in four pieces). If not possible cut other potatoes in to 1/4 cup sized pieces. 2 pieces will be served per serving. Each serving will = about 1/2 cup.

Scub and eye potatoes. Cut in to 1/4 cup sized pieces. Partially cook by boiling or steaming about 10 minutes.

Serve 2 pieces/serving with tongs = 1 vegetable serving.

Place potatoes on well sprayed baking sheets. Spray generously with butter flavored cooking spray.

Bake at 450 degrees F for 1 hour or until tender. Turn after 30 minutes to keep from sticking and to ensure uniform browning.

note for analysis: 1/2 of small potato = 15 grams CHO